Recipe of the Month - May 2018

Cowboy Caviar
Serves 10
Serving Size: 1/2 cup
Cost per Serving: $0.39

Ingredients:
1 tablespoon oil (canola, olive, or vegetable)
1 tablespoon cider vinegar
1 tablespoon lemon juice
1/2 teaspoon Dijon mustard
1 can (15 ounces) beans (drained and rinsed)
3/4 cup frozen corn, thawed
1/2 cup onion, diced (1/2 medium onion)
1/2 cup bell pepper, diced (1/2 medium bell pepper)
1 cup tomatoes, chopped (1 medium tomato)
1 avocado, chopped

Directions:
1. Whisk oil, vinegar, lemon juice and mustard in a small bowl.
2. Stir beans, corn, onion, bell pepper, and tomatoes in a medium bowl.
3. Pour dressing over bean mixture. Cover. Refrigerate until ready to serve.
4. Add avocado just before serving. Gently stir to combine.

Tips:
Serve with tortilla chips. Or serve as a filling for a tortilla or lettuce wrap.
Change the flavors in this recipe by adding different seasonings like salt, pepper, garlic powder, cilantro, or chili powder.

NUTRITION FACTS PER SERVING: 90 calories, 4g total fat (0 g sat. fat), 0mg cholesterol, 65mg sodium, 12g carbohydrates, 5g fiber, 2g sugar, 3g protein

Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2018 Nutrition & Fitness Calendar